

TENZING HILLARY

EVEREST MARATHON

“Join at Base Camp Info Pack”

29 May 2026

“High mountains, abode of Gods, soar up to the blue skies
Whilst I, a human, tiny and small, crawl upon them
Past rocky moraines, along yak and yeti trails
Past prayer wheels, bridges and chortens
Up & down the trail I go, heave ho!
Breathing, sweating, feeling!
LIVING!!!
Ah! Running.....
On top of the world!”



RUN THE WORLD'S HIGHEST MARATHON

- ▶ WORLD'S HIGHEST EXTREME MARATHON
- ▶ WORLD'S HIGHEST UPHILL TRAIL RUNNING SECTION
- ▶ Held in Nepal annually since 2003
- ▶ Celebrating 73rd anniversary of the First Everest ascent
- ▶ 2 Nights Camp at Everest Base Camp





Welcome to
TENZING HILLARY
EVEREST MARATHON

29 May 2026

JBC Info Pack

2



Introduction

Starting from Everest Base Camp (5364m) Tenzing-Hillary Everest Marathon is the **WORLD'S HIGHEST MARATHON** and also “probably the Most Adventurous Trail Run in the World”. The upcoming race of 29th May, 2026 will be the 21st edition of this annual race which has been running on since 2003. The 2026 edition will also commemorate the 73rd anniversary of the first Everest ascent. This marathon is an international event with participation of runners hailing from over 40 countries. From the starting point at Everest Base Camp, the marathon route heads mostly downhill along exposed tracks and trails, traversing the Sherpa country and finally ends at Namche Bazaar (3446m). Mr. Deepak Rai, a Nepali runner, holds the fastest timing of 3 hrs 28 min 27 seconds (2006) and Mr. Robert Celinski from Poland holds the record for the fastest foreigner with a timing of 4 hrs 24 mins and 02 seconds (2016).

You can sign up for the marathon by logging on to our website **EverestMarathon.com**. Those who are planning to trek to Everest Base Camp on their own and just participate the Everest Marathon Run from Base Camp or Those who are climbing Everest or any other peaks in the region and participate on the race can take this Join at Base Camp option. This option will allow such runners to Join and remain at Everest Base Camp for two nights and Run to Namche Bazaar on 29th May.

On race day, there will be official marshals, time keepers and attendants at check points and water stands at frequent stretches along the route with arrangements for medical and emergency evacuations. The Tenzing-Hillary Everest Marathon is a very challenging and demanding course despite its mostly downhill run. It is suitable for people who are physically fit and can train regularly to meet the demands of running a high altitude marathon. Any sort of physical activity above 4000m makes a greater demand on the body than at lower elevations and it can be arduous even for fit runners.

[online-reservation/](#)

www.everestmarathon.com

Overview:

- ▶ 3 Nights in Total - 2 Nights at Everest Base Camp
- ▶ 1 Night at Namche
- ▶ Max altitude 5545m/18200ft
- ▶ Lodge: 29th May

Date	JBC Option
27 May	Report at Everest Base Camp (5364m) Lunch , Dinner (Tent)
28 May	Breakfast, Lunch, Dinner and accommodation (Tent) <ul style="list-style-type: none"> - Marathon briefing and Mock Race - Report to Doctors if you are not feeling well - Doctors are stationed at EBC for around 180 runners
29 May	MARATHON DAY: Everest Base Camp to Namche Bazaar <ul style="list-style-type: none"> - Food: EBC - Breakfast, Dingboche - Noodle soup or Porridge, Pangboche: Fruits - Distance: 42.195 KM - Finishing Altitude: 3446m
30 May	At Namche: <ul style="list-style-type: none"> - Breakfast - Collect your bag (if not arrived on previous day) - Back to Individual Programme

Note:

Please report with your main Luggage at Gorakshep on 26th or 27th morning of May, then divide your luggage that you require for 2 nights camp at EBC, which should weight around 7-10 KG maximum. You can send main luggage with your own porter to Namche Bazaar so that you can access your main bag upon reaching Namche Bazaar after the run. We will try our best to hand over your luggage from Everest Base Camp on 29th itself - or by morning of 30th May. You can leave your trekking bag you bring at base-camp before the race (Please sign the form so you will know with whom your baggage is). Our team will bring them at Namche for you.



Preparation and Suggestions:

- ▶ Learn more about high altitude illness, disregarding and underestimating its consequences can prove costly.
- ▶ Study marathon route and plan your timings for descent, water intake and race snacks (Race Document is different - You will receive it separately).
- ▶ Finish breakfast 2 hours before the marathon starts at 06:00hrs and intake of fluids about 45 minutes.
- ▶ It's wise to carry a camelbag and some snacks during the race.
- ▶ Learn more about Lukla weather and its weather pattern flights get delayed and canceled a lot. Do get good helicopter insurance and read more about its policy.
- ▶ Don't forget to pack Sleeping Bag for the 2 nights camping at Everest Base Camp, which is must.
- ▶ Send back your clothing & stuff that you will not require for 2 days camping at Everest Base Camp with your own porter to meet you at Namche.
- ▶ Chances are if weather is not in good condition you will have to take helicopter on your way up or down.



Some suggestions from our previous Participants:

*Taryn Graham

“facebook.com/taryn.graham.3”

Bring some vitamins! You will crave vitamin-c up there after a while. Also, be very nice to your Sherpas!

*Samuel Hutchinson.

Think about protein supplements as the food provided is very close to veggo!

Hard if u r not used to it! Carry you own personal first aid kit during the run with strapping tape. As medical can be a few km away. Pack a head torch for the run just in-case everything does not go to plan and u end up finishing in the dark!!

*Victoria Woodsford.

“facebook.com/victoria.woodsford” baby wipes!

Suggestions on Footwear:

*Mo's Rule.

I ran in salomon trail runners in 2011, they went really well.

*Peter Brunning.

“facebook.com/peter.brunning”

I was happy with my Inov8 trail runners. Lightweight boots would probably also work well.

*Victoria Woodsford.

“facebook.com/victoria.woodsford” I wore my salomon speedcross trail runners. I wouldn't want to have worn road shoes as there's a lot of big, sharp, stones about. The harder sole was worth its weight in gold!

* Mala Honnatti.

“facebook.com/mala.honnatti.7” I too used Salomon trail pro shoes in 2011 and they were good for me. Probably one needs to use one no. bigger in size as you need to wear 2 layers of socks and you are running for a longer period and feet get swollen by half way thro'. Good luck.

*Taryn Graham.

“facebook.com/taryn.graham.3”

I trekked the whole way in the north face single tracks and ran the marathon in the same shoes.

*Joan Swart.

Salomon Techamphibian trail shoes in 2009. Did much of the hiking in them as well. Very happy with their performance.

*Glenn Marvin.

I originally thought trail shoes on the way up but settled on my road runners in the end as the weather was so dry and they were fine.

Food:

Hygiene and nutrition is a top priority when it comes to food during this marathon. Sumptuous meals (breakfast, lunch, tea and dinner) will be provided that



are prepared by highly trained and experienced cooks. Event leaders will personally monitor preparation of all meals at base camp. Meals consist of local and Western varieties with high-carbohydrate and mostly vegetarian dishes for easy digestion at high altitude. Additional snacks can be bought at teahouses and shops along the way.

Equipment:

To ensure that you have all the appropriate equipment, please go through our Equipment Check List. Running Equipment is provided in the race document - the document is to help you with trekking equipment.

Everest Marathon Trek Bag:

All participants will be provided a FREE trek bag to pack personal items during trek. It will be provided to you at the Event Hotel or at Head Office before we leave for Everest region.

Baggage:

Please report with your main Luggage at Gorakshep on 26th or 27th morning of May, then divide your luggage that you require for 2 nights camp at EBC, which should weight around 7-10 KG maximum. You can send main luggage with your own porter to Namche Bazar so that you can access your main bag upon reaching Namche Bazar after the run. We will try our best to hand over your luggage from Everest Base Camp on 29th itself -

or by morning of 30th May. You can leave your trekking bag you bring at base-camp before the race (Please sign the form so you will know with whom your baggage is). Our team will bring them at Namche for you.

Accommodation:

We will provide you tented accommodation on sharing basis at basecamp. After the race finishes at Namche Bazaar – you can head to designated Event Lodge – which is Namche Hotel.

Climate

In May the weather is neither too hot nor too cold with rainy days yet to come - a reason why most of the Everest expeditions are organized around this time. It is also perfect for trekking and marathon. Usually the days are bright and sunny and unpredictable weather conditions are a rarity at this time of the year.

Medical

Our Everest Marathon leader and doctors will carry a complete medical kit. However, you should carry personal medication as prescribed by your doctor. Some general medications that you can bring along are: Aspirin, Para- Cetamol, Brufen, anti-diarrhea pills, metronidazole (Fasign) to cure bugs, antacid tablets, antiseptic creams, band aid and some cotton wool and bandages including elastic bandage. We will also have doctors at the Base Camp for emergency purposes.



Cosmetics

Chapstick, vaseline, sunscreen lotion, mouth wash, cold or wind cream (depending upon the area of trekking) are some items you should carry.

Toiletry

Shaving kits for men, sanitary napkins for females and tissue paper. Apart from these you can bring along toilet paper.

A simple checklist for you:

(The packed weight of your trek bag while trekking should be no more than 10 kg at Base Camp)

You can bring the following items:

- ▶▶ Hiking boots / Socks Trekking trousers / pants
- ▶▶ Waterproof over trousers / rain pants
- ▶▶ Underwear
- ▶▶ Fleece jacket or warm jumper/sweater
- ▶▶ Waterproof jacket
- ▶▶ Sunhat
- ▶▶ Warm hat
- ▶▶ Eyewear - Sunglasses Thermal gloves
- ▶▶ Warm and waterproof over gloves or mittens
- ▶▶ Head torch/Headlamp with spare bulb and batteries
- ▶▶ Sun protection (including total bloc for lips, nose etc.)
- ▶▶ Water bottles 1 Litre (1 Quart) x2
- ▶▶ Wash bag and toiletries Small towel
- ▶▶ Selection of dry bags (to keep trek bag contents dry)
- ▶▶ Daypack 30 litres / 1800 cu in.
- ▶▶ 4 or 5 season sleeping bag
- ▶▶ Thermarest or similar sleeping mat
- ▶▶ Warm jacket (down)

Basic First Aid Kit including:

A broad spectrum antibiotic, Antiseptic cream, Throat lozenges, Diarrhea treatment (Imodium), Altitude (Diamox), Painkillers, Plasters (band-aids) and Blister treatment, Insect repellent, and re-hydration salt (Dioralite). Glucose tablets and Multi-vitamin tablets.

In addition, competitors must bring the following:

- ▶▶ Suitable running shoes
- ▶▶ Running vest & shorts/leggings

The following items are optional:

- ▶▶ Trekking poles
- ▶▶ Training shoes / Sneakers or similar for camp use
- ▶▶ Spare laces
- ▶▶ Shorts
- ▶▶ Long johns (thermal underwear) Gaiters
- ▶▶ Sleeping bag liner Scarf or buff Nailbrush
- ▶▶ Wet wipes
- ▶▶ Swimwear (for the hotel pool in Kathmandu)
- ▶▶ Travel clothes
- ▶▶ Camera, film/memory cards, batteries
- ▶▶ Penknife (remember to pack sharp objects in hold baggage) Repair kit (eg. needle, thread, duct tape)
- ▶▶ Camelbak

What happens if I cannot reach the finishing line on time?

The Marathon organizer have set the time of the run and reaching at certain designated places. Depending upon your physical fitness and health wise on the event, if some runners cannot reach on time to the finishing point at Namche Bazaar, have to stay overnights on route.

CUT OFF TIME:

The 42k Full Marathon Cut-Off Time is 4pm at the Thyangboche Checkpoint. Those who cannot cross Thyangboche after 4pm will be Disqualified. They should spend the night at the Local Lodge in Thyangboche and resume their Normal Trek the next morning to their destination.

For the 70k Ultra Marathon, the First Cut-Off Time is 11:30am at Pangboche Checkpoint, and the Second Cut-Off Time is 5pm at Machhermo Checkpoint. Those who fail to clear the corresponding Cut-Off Checkpoints in time will be Disqualified. They should spend the night at the Local Lodge in Machhermo and resume their Normal Trek the next morning to their destination. Those who cross Machhermo before the Second Cut-Off time must reach the Finishing Line before 11:59pm on May 29 will be eligible as finisher.



29 May 2026

ELEVATION MAP



[online-reservation/](https://www.everestmarathon.com/online-reservation/)



Welcome to
TENZING HILLARY
EVEREST MARATHON

29 May 2026

JBC Info Pack

7

Only For Emergency

Contact Persons:

Shikhar Pandey :- 98511-13333 / 98010-35377
 Abhisekh Pandey :- 98510-22999
 Satish Neupane :- 98510-20412

Our Website : www.EverestMarathon.com
www.AdventureSportsNepal.com
 E-mail us at : Shikhar@EverestMarathon.com
TenzingHillary@EverestMarathon.com
 WhatsApp : 9801035377



Welcome to

Everest Marathon
2026



World's Highest Marathon

[online-reservation/](#)

www.everestmarathon.com



Inquiry at: +977 9851113333